

Cook4Kids Program Guidance

Grab-n-Go Meal Option

If you select this option, please prepare (or cater) 30 adult meals and 35 kids' meals. See meal planning guidelines below. Meals must be individually packaged and dropped off at the Jeremiah Program's campus between 3:00-4:00 on the scheduled volunteer meal Tuesday.

Family Style Meal Option

If you select this option, please plan a menu for up to 30 families and 35 kids to be served in the Jeremiah Community Room. Please prepare a menu that follows the guidelines, below.

Menu Planning Guidelines

- Meat Entrée – Anything made with beef, chicken, or turkey. Please no pork. If you vary the meats in your entrees, please clearly label as beef, chicken, or turkey. Also, a no-meat vegetarian option would be welcomed if easily made.
- Fruit – Kiddos love fruit! This can be bananas, oranges, apple slices, grapes or even a fruit mix.
- Salad/Vegetable Side Dish – Fresh, cooked, or both! This helps complete the nutritional content of the menu.
- Fresh examples: a bag of uncooked broccoli or carrots. Salad items for service and/or bagged together. (Some families will eat fresh and then take steam packaged broccoli in their home microwave).
- Pre-cooked: broccoli cheese casserole; other vegetable medley recipe.
- Dessert – Cookies, brownies, cake, pie or anything else your heart desires. Please no nut products.
- Refreshments - If you want to provide milk, juice or other type of refreshments like lemonade or other canned products, we would welcome that! Please bring individualized pouches or cartons.

Your Menu Plan

Please email Carissa at Cfrandrup@jeremiahprogram.org the following details of your menu so we can let moms know what to expect for your week's meal:

- What is your entrée and what meat options are you providing?
- What type(s) of fruit will you have for families?
- What are you providing for vegetables?
- What's for dessert?
- What refreshment(s) are you offering?

Family-Style Meal Evening: What to Plan For

- **Serving in the kitchen:** Our kitchen is in our large Community Room, which has large round tables set up and chairs. The kitchen is not a commercial kitchen but a communal kitchen. Please prepare meals ahead of time and bring all serving supplies needed. Jeremiah does not supply kitchen utensils or kitchen electronics. There is a microwave in the kitchen, and a stove with four ranges.

- **Checklist for what to bring:**
 - Any utensils required for serving
 - Disposable plates, silverware, and cups
 - Individual meal take-out containers for leftovers and for families that cannot join at the scheduled time
 - 3-4 Large garbage bags for clean up
- **Optional extras you might consider:**
 - Kiddos eat quickly and being together they might get a little rowdy!
 - If you want to bring some coloring books and crayons, and hang out with them, they may love that.
 - Other volunteers have in past brought a picnic-style blanket and books and offered to read to children who are interested. Kiddos range in ages mostly from infants to preschoolers.
 - If you'd like, please feel free to offer to hold an infant so mom can eat with both hands free!
- **Timeline**
 - 3:30 pm - please arrive no later than 3:30 pm
 - 3:30-4:30 - set up your meal to be served by 4:30. Some families may arrive early, around 4pm or so, and they will talk and hang out until the meal is ready.
 - 4:30-5:30 - food service and dining is from 4:30-5:30, and you and your group are welcome to join in the meal
 - 5:30 - begin meal packaging and clean up. The goal is for clean-up to be complete by 6:00pm
 - Please package any remaining meals in "Grab and Go" take out style containers and store in the refrigerator.
 - All garbage is bagged and placed in large garbage cans near the entrance to the Community Room from the hallway
 - There are no garbage disposals in the sinks, food and food scraps must be placed in garbage containers
 - Counter tops/surface spaces are wiped clean (we have cleaning supplies)
 - Tables are wiped and chairs are placed upside down on the clean table

Other FAQs

- **Number of volunteers:** there is no limit. Volunteers can pull together as many individuals as they like - friends, family, or other affiliated groups. Note, that while the Jeremiah community room is large (capacity 70), only 3-4 volunteers fit comfortably behind the open kitchen counter area.
- **Serving in the communal kitchen:** The room is not a fully equipped kitchen, rather it is a communal kitchen. Please prepare meals ahead of time and remember to bring all serving supplies needed. Jeremiah does not supply kitchen utensils or kitchen electronics. There is a microwave in the kitchen.
- **Meal cost:** Depending on the chosen menu, costs average \$350-\$425
- **In-Kind donation receipts:** please see website <https://jeremiahprogram.org/in-kind-donations/> and complete the form if a donation receipt is needed.

THANK YOU from the Families and Staff of Jeremiah Program!!!!